



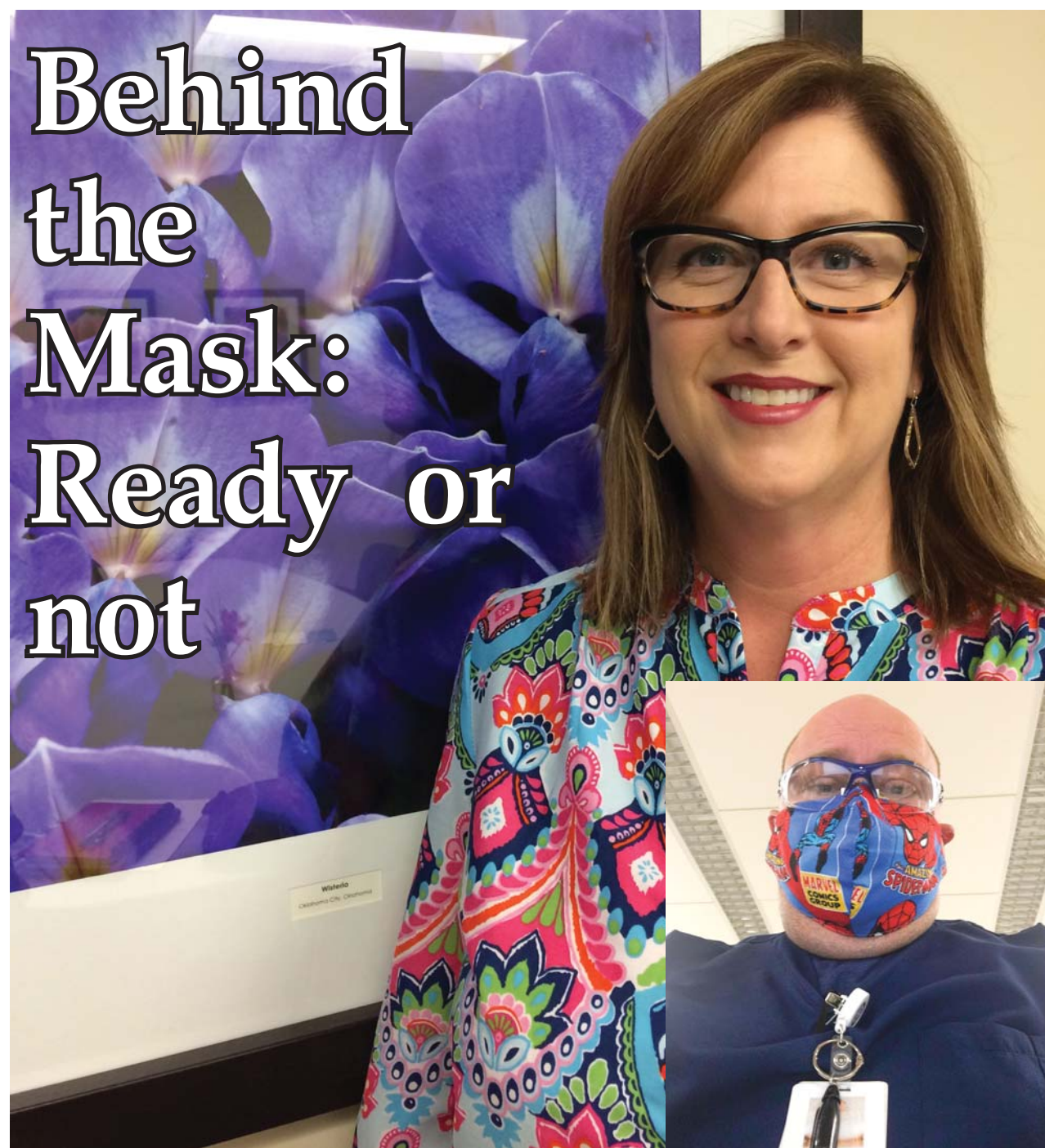
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Information for the Oklahoma Nursing & Health Care Professional

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Keli Myers Belding, MSN, RN, CIC serves as the Infection Prevention Manager at Integris Canadian Valley Hospital. (Inset) Bobby Anderson, RN - Writer

by Bobby Anderson, RN - staff writer/photographer

So we're really going to open this thing up?  
Ready or not, here we go.

The purpose of this entire social exercise up until now has been flattening the curve.

Think about that for a minute.

Buying time was the only reason we stayed home, stayed away from church and home schooled our kids.

It wasn't to wait for this whole thing to blow over

just so we could resume our normal lives.

It was to allow healthcare professionals time to wrap their collective heads around just exactly what we're facing.

And truth be told I don't think anyone can tell you with 100 percent certainty we have any more of a definitive answer than we did two months.

For healthcare professionals who understand, this lends itself to a lot of frustration.

See MASK Page 3

## Graduating Nurses Get Drive-Thru Pinning Ceremony *Kramer School of Nursing at Oklahoma City University*



by Vickie Jenkins, Staff Writer

Oklahoma City University went to great lengths to recognize graduates during this time of the pandemic. OCU hosted a virtual graduation for all graduating students. They were also recognizing graduates through social media and the OCU website.

The Kramer School of Nursing at Oklahoma City University hosted a pinning ceremony for

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# PINNING

Continued from Page 1

graduating nursing students from 2-4 p.m. on May 7, 2020 in the school's parking lot at N.W. 26th Street and Florida Avenue.

Normally, a ceremony is held in an auditorium, but this year's version was a drive-thru experience in order to practice social distancing. Students remained in their vehicles, waiting to receive their pins, programs and any cords they were awarded from facility members.

Pinning ceremonies are time-honoring nursing school tradition with roots dating back to the Crusades of the 12th century, when the Knights of the Order of the Hospital of St. John the Baptist awarded a Maltese cross to new monks who were training to tend to injured crusaders. Nursing pioneer Florence Nightingale reignited the tradition in the 1860s by presenting medals of excellence to her brightest graduating students.

The nursing program began as the St. Anthony Hospital School of Nursing in 1904 and it was moved to OCU in 1981. The school now offers the following programs: Bachelor of Science in Nursing on the main campus and at Duncan Reginal Hospital, RN-BSN, Master of Science in Nursing, Post-master's certificates in nursing education and nursing leadership, Post master's advanced practice certificates for family nurse practitioner and adult gerontology acute care nurse practitioner, BSN-DNP, DNP completion for advanced practice nurses and BSN-Ph.D.

The Kramer School of Nursing mission is to provide unique education and service opportunities that prepare professional nurses who practice with integrity, knowledge and compassion while positively impacting the health care needs of diverse communities. The school recently donated its supply of personal protective equipment to SSM Health St. Anthony and Integris in response to increased needs prompted by Covid-19.

The Kramer School of Nursing is fully accredited by the Accreditation Commission for Education in Nursing.

There were 135 graduating students this spring. There were two events that took place to allow students the opportunity to celebrate this milestone in their lives.

On Thursday, May 7th, graduating student drove by Kramer School of Nursing to pick up a packet with their nursing pin, honor cords, ceremony program and a letter of congratulations for the Dean of Nursing, Dr. Salmeron. The packets were distributed by the program chairs, who wore masks and gloves. This gave the program chairs an opportunity to see their student again and hand them their nursing pin. The pinning of students with their nursing pins is a time-honored tradition.

On May 8th, students attended a virtual Pinning Ceremony. Although the ceremony was held in a webinar format, the order of events was similar to the tradition in person ceremony. Martha Burger, OCU President, spoke along with Dr. Salmeron and program chairs. Students were recognized and awards were presents. Students were also given the opportunity to have their pins placed on them by a loved one during the ceremony.

Oklahoma City University hosted a virtual graduation ceremony of May 9 while the campus was closed due to the pandemic. The ceremony included video tributes, photos from past student events, congratulatory salute from faculty members and music written and performed by OCU students. Plans are underway for an in-person celebration on campus later this year.

"In the midst of COVID, the RN-BSN students defied all odds. They worked unpredictable, tough schedules, organized their other life when the world was shutting down, and completed their coursework beyond expectation. This year, pinning represents so much more. It is a huge, symbolic accomplishment for the RN-BSN students. They did it and they did it well," said Denise Burton, MS, CNE, serving as the Chair of RN-BSN Program.

The World Health Assembly, the governing body of the World Health Organization, designated 2020 as the Year of the Nurse and the Midwife, boosting the relevance of this year's ceremony as many of the graduating nurses' move immediately to the front lines of the pandemic, advancing nurses and midwives' vital position in transforming healthcare around the world. It also is in honor of the 200th anniversary of Florence Nightingale's birth.





# MASK

Continued from Page 1

I recently had the opportunity to speak with OU College of Nursing Assistant Professor Wanda Robinson, PhD, MSN, MSPS, PHMCNS-BC, CNE.

The conversation occurred just before National Nurses Week and came at the behest of OU's College of Nursing.

Rather than tout a new program or simply say 'Thank You' to Oklahoma nurses in our National Nurses Week special issue, the college had a different message to our nurses: "Are you OK?"

Prior to her tenure at OU, Robinson spent more than a decade as a sexual assault nurse examiner and still works with the Oklahoma Medical Reserve Corps.

At OU, she teaches trauma and how people respond to it.

I asked her about the feelings I and many of my coworkers have about the country opening back up.

I told her in some ways it feels like a betrayal.

It feels selfish and rushed and led by people who will never have to tell someone over the phone their loved one is gone or be in a room and look

around and realize you're the only ones who will be at the bedside when they take their last breath.

And the simple, human-centered act of wearing a mask - which we've always done - has now been weaponized to symbolize some sort of government control.

All of it makes me mad.

She said I, and many other nurses, were grieving.

"It is a loss," she explained. "Part of grief is being mad because it's not right. Some people have moved on and we can't because of what has gone on. Anger is normal and a healthy response. Just recognize that. Nurses, especially in critical care, ER and even psych we have creative ways of managing those feelings."

I think the more time I spend on social media just makes it worse.

If I see another post about Plandemic or Dr. Fauci's grand scheme I'm going to lose it.

"The nurses are amazing," Robinson continued. "It just shows as anger because we care so much not only because we're grieving but we care about the people. We're grieving, too. Realize that part of why I'm so angry is I really care and I don't want people to be sick and hurt."

"(These patients) are not alone,"

Robinson said. "You are with them."

"We do not know the impact we make. We have to believe in our heart and we have to know it's making a difference."

Keli Myers Belding, MSN, RN, CIC; Infection Prevention Manager at Integris Canadian Valley Hospital in Yukon is one of those nurses making a difference.

Working infection prevention, Belding is at the tip of the spear when it comes to compiling and disseminating information on the outbreak.

Every day brings a new question about workflow processes.

In her own words:

Personally, and sadly, (I'm) social distancing from family and friends when not at work.

I'm listening to the concerns of all caregivers and advocating for them and helping caregivers map out workflows to keep everyone safe

Currently, I am okay INTEGRIS has an amazing team of Infection Preventionists working together for our caregivers! Proud to be Oklahoma Strong!

I worry most about our Caregivers, as well as the families impacted by this virus and am Continuously praying for everyone's health and strength!

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# CAREERS IN NURSING

## WORKING THROUGH COVID-19 : OKLAHOMA CITY INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

It takes a special person to be a nurse, especially now as the COVID-19 continues to spread throughout the world. We are all thankful for all of the nurses and doctors who put themselves on the front-line for us.

Carrie Turner, LPN is one of those special nurses who continue to do her job, taking care of patients at the Oklahoma City Indian Clinic. "It's not an easy job for anyone right now, but I am dedicated to helping others," Carrie said.

Carrie grew up in Hinton, OK, attending Oklahoma Caddo Kiowa Tech, located in Fort Cobb, OK. "At first, I wasn't sure what I wanted to do with my life but I knew that I wanted to do something that was interesting and would make a difference in a person's daily life," Carrie commented. "I wanted to make

my daughter proud of me, no matter what career I chose," she added.

"After giving it much thought, I chose nursing for several reasons; there is always job security. There are always jobs for nurses wherever you travel to. The advancement for a nurse can come pretty fast if you do your job the right way. The flexibility is great and a nurse can choose from variety of many different fields to go into. It is an endless job search and a nurse never stops learning. I like to settle into a routine, and even though the daily situations are different, I'm still on that same time schedule. I have formed some long-time relationships with my co-workers and providers. I also enjoy the gym availability with work-out classes for employees. Last but definitely not least, I

continue to do the job that I wanted to do, care for others with the utmost respect," Carrie explained.

"I like working here at the Oklahoma City Indian Clinic because I meet different patients with various health concerns and I continue to learn," Carrie said. "I've been a nurse for fourteen years all together. I spent the first four years at the Veteran's Center in Clinton, OK and have been here ever since," she added. Carrie was also recognized as receiving the Indian Services Area Merit Award.

Asking Carrie what qualities a nurse should have, she replied, "I think a nurse should have, empathy, open-mindedness, be respectable, be flexible, discretion, compassion, reliability, honesty and professionalism. I know that is a lot for a nurse to handle but

all of these qualities make up a nurse," she said with a smile.

What is your biggest reward as a nurse? "To me, I find being a nurse very rewarding. Gratitude from patients is the best thing ever," Carrie replied. What is your biggest challenge? "Nursing can be very stressful and very demanding at times, especially with the loss of a patient. Of course, right now, with the COVID-19 virus going around, it makes for extra care for each individual."

When asking Carrie what advice she would give to someone if they wanted to go into the medical field, she replied with these suggestions. "Study hard, stay open-minded, don't judge others, be respectable and caring. Every person in the medical field plays a vital role in patient

See TURNER Page 5



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Carrie Turner, LPN is just one of the many nurses that are on the front-line as she cares for the patients at Oklahoma City Indian Clinic as the Coronavirus continues to spread.

TURNER

Continued from Page 4

care, treatment and recovery. Be proud of your accomplishments regardless of the area/degree you choose. A higher degree does not automatically make you a better nurse," she explained.

On a personal level, Carrie is married to her wonderful husband and they have been together ten years. Describing herself, Carrie said, "I am a little on the quiet side, responsible, reliable, honest, kind, and caring. Between a leader and a follower, I am a follower, just going with the flow. My hobbies are jogging and circuit-training workouts. I absolutely love spending time in Pensacola, Florida and it is actually my home away from

home."

Asking Carrie how the Coronavirus has affected her, she said, "I do less shopping, and I miss going to restaurants, hanging out with my husband and friends, along with just eating food outside the home. The gyms are closed and I miss the group work out classes. I miss my normal routine schedule; as a nurse, I now wear gloves, have increased the use of hand sanitizer and I remove my clothes and shoes in the garage after work before I enter the house. There are so many precautions that everyone needs to pay attention to, not just nurses."

Summing up your life in one word, what would it be? "It would be happiness," Carrie replied.

SITUATION  
UPDATE: COVID-19

•As of this advisory, there are 4,962 confirmed positive cases of COVID-19 in Oklahoma.

•There are six additional deaths; three of them occurred in the past 24 hours and the others died between May 4-May 11.

\*Two in Oklahoma County, a male in the 65 and older age group and a female in the 65 and older age group.

\*Two in Cleveland County, both males in the 65 and older age group.

\*One in Comanche County, a male in the 50-64 age group.

\*One in Washington County, a female in the 65 and older age group.

•There are 284 total deaths in the state.

•"Over the past week, OSDH has deployed several systems of support into Texas County and the surrounding areas to address a heightened presence of COVID-19. The largest employer in the county, Seaboard Foods, has been a good partner with state agencies by allowing OSDH to test all processing plant employees," said Health Commissioner Gary Cox. "We are also partnering on guidance and solutions to ensure the company continues doing everything possible to protect its workers. Over the next few days, we expect spikes in our reporting of positive cases due to the significant number of tests processed for Texas County, which is reflective of our increased testing efforts."

•COVID-19 testing sites are open in multiple cities in Oklahoma as a result of a cross-county, city and state health system partnership. Visit this page for updated dates and locations.

For more information, visit [coronavirus.health.ok.gov](https://coronavirus.health.ok.gov).

COVID-19  
Oklahoma Test  
Results

Confirmed Positive Cases	4,962
*Total Cumulative Negative Specimens to Date	106,943
*Total Cumulative Number of Specimens to Date	112,647
**Currently Hospitalized	217
Total Cumulative Hospitalizations	858
Deaths in the Past 24 hours	3
Total Cumulative Deaths	284

\*The total includes laboratory information provided to OSDH at the time of the report. Total counts may not reflect unique individuals.

\*\*This number is a combination of hospitalized positive cases and hospitalized persons under investigation, as reported by hospitals at the time of the report. The data reflect a change in calculation and should not be compared to prior data.

Data Source: Acute Disease Service, Oklahoma State Department of Health. \*As of 2020-05-08 at 7:00 a.m.

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<b>140 GENERAL NURSING</b>	<b>161 LICENSED PRACTICAL NURSING</b>	<b>204 REGISTERED NURSE</b>	<b>204 REGISTERED NURSE</b>	<b>204 REGISTERED NURSE</b>	<b>204 REGISTERED NURSE</b>
<p><b>We are in need of a PRN, or as needed, Clinic Nurse/Licensed Practical Nurse for the after hours/urgent care clinic.</b></p> <p>Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.</p>	<p><b>Licensed Practical Nurse. We are looking for someone who has an excellent patient/customer service skills and an out-going, dynamic personality, and has the ability to work well on a close team environment.</b></p> <p>at Care ATC Inc located at 9902 E 43rd St a, Tulsa, OK 74146. We are looking for someone who has an excellent patient/customer service skills and an out-going, dynamic personality, and has the ability to work well on a close team environment. Min. Qualifications: HS diploma or equivalent. Graduation from an approved practical nursing program. One year LPN exp. required; clinical experience preferred. State licensed practical nurse. Current BLS/CPR certificate.</p>	<p><b>RN - Adult Unit - Full-time Evenings</b></p> <p>at Parkside Inc. 1620 E 12th St, Tulsa, OK 74120. Current Oklahoma Registered Nurse without restrictions. Demonstrates knowledge of nursing process - behavioral and medical assessments and interv. Ability to revise treatment plans as indicated by the patient's response to treatment and evaluates overall plan daily for effectiveness. Performs patient care responsibilities considering needs specific to the standard of care for patient's age. Communicates appropriately and clearly to the Unit Director, coworkers and physicians?. Coordinates and supervises patient care as necessary. Functions as a patient and family advocate at all times. Demonstrates the ability to be flexible, organized and function under stressful situations. Affordable Medical and Dental Insurance. 15 days PTO in the first year (23 days PTO year 6) and 7 paid holidays. 401-K match provided by Parkside after 1 year of FT work, which is 100% vested. We have other exceptional benefits (e.g., Life Insurance, Extended Illness Benefit, Long Term Disability).</p>	<p><b>We are seeking RN Admission Nurse</b></p> <p>Grace Hospice of Oklahoma LLC located at 6218 S Lewis Ave, Tulsa, OK 74136</p>	<p><b>We are looking for Registered Nurse.</b></p> <p>Apply at OSAGE HOME HEALTH 721 Kihekah Pawhuska, OK. 918.287.5645</p>	<p><b>We are seeking FT Night Shift RN</b> at Lindsay Municipal Hospital. FT Night Shift. LMH pays 100% medical, dental &amp; vision insurance premiums. Only online applications are accepted. No phone calls.</p>



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# American Cancer Society Oklahoma Presents Third Annual "Virtual" Run For Hope

Oklahoma City—It will look a little different this year, but the American Cancer Society's third annual "Run For Hope 2020" will still go on—in a virtual setting.

"It is important for people to continue giving to organizations like the American Cancer Society because battles are still being fought, including the world of cancer," said Alicia Jackson, ACS Community Development Manager. "Cancer doesn't stop, and neither will we. And in order to keep our mission moving forward we must continue to fundraise through events like Run For Hope."

Run For Hope has traditionally been a 5K/10K and fun run, with proceeds benefiting the new Hope Lodge Oklahoma. This year, because of the COVID-19 pandemic and social distancing guidelines, participants are encouraged to run or walk on their own schedule from May 18 through May 25 and share their photos and

experiences virtually online.

"Run or walk your chosen distance from wherever you are to get on our virtual leaderboard," Jackson said. "Results will be posted daily on our Facebook page. As participants are running or walking in honor of someone who has had cancer, or for themselves, they should wear the color of cancer for which they are walking. For example, pink represents breast cancer, blue represents colon cancer, and so on. The bottom line is not only raising funds but raising awareness that cancer has not gone away and our life-saving work must continue."

This year's Run For Hope presenting sponsor is Homeland Stores, Inc.

"We are fortunate to have a local partner like Homeland Stores," said Lesa Foster, ACS Executive Director. "They have been wonderful to work with and we value their commitment to fighting cancer right here in Oklahoma. Homeland is much more

than a trusted grocery store chain; they are part of our community and we thank them for joining us as we fight the good fight."

Proceeds from Run For Hope will go toward the new Hope Lodge Oklahoma.

"So much of our attention lately has been focused on trying to stay afloat in the midst of a global pandemic," Foster said. "But the new Hope Lodge Oklahoma is a glimmer of good news during this uncertain time. The American Cancer Society's Hope Lodge will give patients who travel to Oklahoma City for cancer treatment a place to rest and recover.

Having cancer is hard enough. This facility will allow those with limited resources a place to stay, free of charge, which makes lodging one less thing they have to worry about."

roundbreaking on Hope Lodge Oklahoma is set for Fall, 2020, and proceeds from Run For Hope will go toward the new facility.

Registration fee for Run For Hope is a \$20 donation to the American Cancer Society. Additional information and registration can be found at [www.RunForHopeOKC.org](http://www.RunForHopeOKC.org)

Editor's Note: "Run For Hope" is the proper name of the event, with "For" being capitalized.



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(AS PUBLISHED IN THE 2020 EDUCATION GUIDE TO NURSING)

# Preparing For Nursing School

Graduating High School? Thinking about college? There's so much to consider when it comes to getting ready for college: where to go, what to study, how to apply, how to pay for it all and more. Use all resources available to explore your options including this guide.

Prepare before you walk through the classroom door. Visit websites for colleges included in this guide. Don't limit yourself to local colleges, visit state and regional colleges to get an idea about what is best for your specific needs. Here are a few effective tips to help you get ready to enter nursing school with confidence.

**Talk With Nurses** - Talk with nurses you know. Use social media to connect with new and experienced nurses. Have your questions ready and be brief and to the point about your interests.

**Volunteer** - Volunteering in a healthcare position with a nursing center, hospital or other healthcare facility will help you decide if nursing is for you.

**Read Up** - Read about, and pay attention to nursing in the news. Subscribe to online publications like : Oklahoma's Nursing Times [www.oknursingtimes.com](http://www.oknursingtimes.com) and The Oklahoma Nurse - The Oklahoma Nurses Association newsletter [www.ona.nursingnetwork.com](http://www.ona.nursingnetwork.com).

**Be Ready to Invest** - Be ready to invest in your future. Know your financial position and avoid credit card and major expenses that can cause stress and distract from your studies.

## Research

Search for and complete Scholarship opportunities/applications. Some colleges offer scholarships and financial aid for nursing. Review your colleges' acceptances and compare financial aid offers. Talk with your school counselors. School counselors are experienced in the college preparation process and can

give further advice on your next move.

**FAFSA** Complete and submit your Free Application for Federal Student Aid (FAFSA®), at [fafsa.gov](http://fafsa.gov), along with any other financial aid applications your chosen school may require.

**Testing** Register for all tests in advance and take time to prepare. Ask your school counselor to waive any fees that may apply.

## Trade School vs College – What's the Difference?

### College

Those who go to college obtain a general academic education that can prepare them for a variety of careers. This education typically takes four years. It also requires students to select a "major" or concentration. Your major or concentration is the field of study that you plan to focus on in your time at college. Aside from a few majors that are career-specific such as engineering or accounting, colleges don't specifically prepare you for a trade. Instead, they provide you with a solid base of academic knowledge that you can apply to a number of different career paths.

### Technical School

Tech school, aka vocational school, is almost the complete opposite of college. Rather than receiving a broad education, you enroll in a course of study and take very specific classes to prepare you for a particular job. A few examples include nursing, culinary arts, massage therapy, office management, cosmetology, fashion design, information technology, etc. Although vocational classes are typically found in community colleges, there are also a large number of technical institutes that provide this kind of training.

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# Stephenson Cancer Center Developing App for Cancer Patients

An oncologist and a mobile health researcher at Stephenson Cancer Center at OU Medicine are creating an app that will monitor the well-being of patients with cancer during the time of COVID-19.

The National Cancer Institute funded a grant for the rapid creation of the app and a study on its effectiveness. Stephenson Cancer Center plans to enroll 500 patients who are receiving chemotherapy for their cancer. During the study, which will last six months to a year, the app will prompt patients to answer daily questions that assess their health and their risk for having newly contracted COVID-19.

"Cancer patients receiving chemotherapy have reduced infection-fighting capabilities and, if they contract COVID-19, they are at higher risk of developing severe

and life-threatening complications," said Katherine Moxley, M.D., a gynecologic oncologist at Stephenson and co-principal investigator for the study. "We are trying to create a mechanism for early identification of coronavirus symptoms and worsening disease."

The app is being created at the Oklahoma Tobacco Resource Center (OTRC), a program of Stephenson Cancer Center. The OTRC's Mobile Health Shared Resource creates innovative apps designed to improve health and well-being. Michael Businelle, Ph.D., co-director of the OTRC and co-principal investigator for the study, said the new app will use "decision logic" in its interaction with patients. Based on patients' answers to several questions, such as whether they have a cough or fever, the algorithm will determine if their health is at risk and

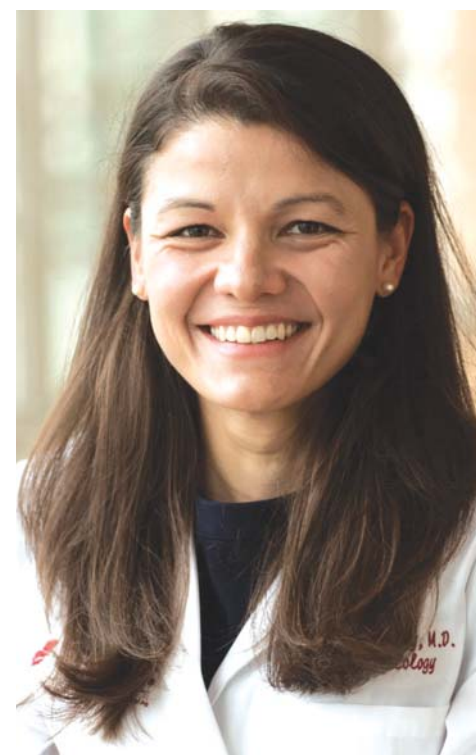
automatically link them to services and resources.

Every morning, a patient's smartphone will buzz or ring to start the questions. If the app determines the patient may be at risk of having COVID-19, he or she will be referred for immediate testing. Follow-up questions will help to determine whether the patient needs symptom management at home, outpatient medical assessment or inpatient evaluation with aggressive symptom management. The app will also send an encrypted email to Stephenson Cancer Center nursing staff, who can help when the patient needs information or medical support. In addition, patients can use the app at any other time of the day or night to contact a healthcare professional to report symptoms or concerns.

"Symptom Tracker<sub>Δ</sub> is basically a symptom management app, and we see this study as a prelude to future management of cancer patients in general," Businelle said. "Instead of patients having to drive a long distance for an exam or follow-up, they can answer questions on the app and, if needed, do a telemedicine visit. The next level of care would be to come in to see their doctor."

Cancer care at Stephenson has not slowed much during the COVID-19 pandemic, Moxley said. Patients must continue to receive cancer treatment despite risks introduced by the virus, she said, and Stephenson strives to provide a safe environment, which includes adequate screening and testing for COVID-19.

"I think the real-time symptom tracking enabled by this app will offer peace of mind to both patients and their oncologists," Moxley said. "My patients and their family members are extremely anxious about their overall health and exposure risk right now. This app will give them a 24-hour lifeline that is applicable not only during the COVID-19 pandemic but also, in the future, to monitor



Dr. Katherine Moxley.

and report significant side effects of chemotherapy. This is a valuable safety tool, especially for patients who live in rural Oklahoma and can't easily travel to Stephenson Cancer Center or OU Medical Center for evaluation."

Stephenson Cancer Center is collaborating with two other cancer centers for the study, Dartmouth-Hitchcock Norris Cotton Cancer Center in New Hampshire and Sidney Kimmel Cancer Center in New Jersey. All three are National Cancer Institute-Designated Cancer Centers. In addition to the National Cancer Institute's funding of this study, the Stephenson's Mobile Health Shared Resource is supported by the Oklahoma Tobacco Settlement Endowment Trust.

Stephenson Cancer Center provides intravenous chemotherapy to approximately 4,000 patients each year. The study will begin enrolling patients in about a month. Patients receiving chemotherapy at Stephenson can contact their physician about joining the study.

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# NURSE TALK

*I loved playing with my Barbie dolls and Barbie dollhouse.*



Darla Murphy, RN

*I liked all of the board games because it was challenging!*



Betty Williams, RN, BSN

*What was your favorite game or toy when you were a child?*



Mercy  
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*My favorite was Monopoly and playing dress-up while using makeup!*



Jeannette Johnson, RN

*My favorites were Barbie dolls, Polly Pocket and the Easy-Bake oven.*



Kinisha Embery, LPN

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**Curtis**  
Kidney Recipient

Our son, Curtis, wasn't breathing when he was born. The first 30 days of his life in the hospital were a fight for survival. As his little body began to 'wake up', he finally came out of the coma.

Curtis defied all the odds. We watched him grow and develop. We remember when he ran on the field with his glove for his first t-ball game.

But Curtis' kidneys eventually failed, and he started dialysis when he was 12 years old. He was at the top of the transplant waiting list when we got the call in October 2009.

When he received his new kidney, it saved his life and now he has been crowned Prom King and is graduating from High School!



We learned that his donor was Mariee, a softball star from the University of Oklahoma. Mariee's donation not only saved Curtis, but she also saved the lives of five others.

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# Can insects transmit coronavirus?

It seems like every year around this time, a new insect-borne virus comes along. Fortunately, at this time, experts say no data exists to suggest Covid-19 can be transmitted by either mosquitoes or ticks.

"Although highly contagious, Covid-19 does not appear to be spread through blood like some other communicable illnesses," said Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D. "And it's the blood-borne transmission that allows insects to transmit diseases like West Nile and Lyme."

Covid-19 and other coronaviruses like SARS and MERS are spread from person to person through tiny viral droplets, which pass from one person to another through mucus or saliva.

The virus also survives on some surfaces for significant periods, "which means you can infect yourself by touching an object and then putting your hand in your nose, mouth or eyes," said OMRF President Stephen Prescott, M.D.

While much still remains unknown about Covid-19, said Prescott, there is no biological reason to suggest transmission through insects is a

threat.

"That's good news, but it's not a 'get out of jail free' card," said Chakravarty. "Other diseases spread by mosquitoes and ticks are still dangerous. They didn't go away just because Covid-19 is dominating the news cycle."

In Oklahoma, the most common insect-borne diseases are West Nile virus, which is spread by mosquitoes, and Rocky Mountain spotted fever, which ticks pass from animals to humans. The Oklahoma Department of Health also reports that tick-borne Lyme disease may be present in the state.

"Oklahoma has a quite a few insect-borne diseases, and others like dengue and chikungunya could be on the way," said Prescott. "These can result in serious damage to health, so it's important we guard against them as temperatures warm and insect populations surge."

If you're practicing social distancing by gardening, walking the dog or reading a book on the patio, the best defense is to keep insects off your skin by wearing long sleeves and pants. Limit outdoor activities around



OMRF President Stephen Prescott, M.D., says you need to cover up with insect repellent this summer.

dusk and dawn or walking through tall grass, and avoid excess standing water that collects in flower pots, gutters and drains.

Chakravarty also recommends applying an insect repellent that contains DEET.

"And, no, using DEET is not the threat some make it out to be," said Chakravarty. "The amounts used in regular application pose no proven health issues. The real risk is getting bitten by an infected insect, because one bad bug bite can change your life."



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